

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 1: Healthy Eating Practices Score¹ Among California Children
(Diary Sample)**

	Average California Daily Food Guide Healthy Eating Practices Score	
Total	2.1	
Gender		
Males	2.2	
Females	2.1	
Ethnicity		
White	2.2 ^b	***
African American	1.7 ^a	
Latino	2.2 ^b	
Asian/Other	1.8 ^a	
Income		
≤\$19,999	2.5 ^b	***
\$20,000 - \$49,999	2.1 ^a	
≥\$50,000	2.0 ^a	
Federal Poverty Level		
≤ 185%	2.3	*
> 185%	2.1	
Food Stamps		
Yes	2.4	*
No	2.1	
Overweight Status		
Not at Risk	2.1	
At Risk/Overweight	2.2	
Physical Activity		
≥60 minutes	2.2	
<60 minutes	2.1	
School Breakfast		
Yes	2.4	**
No	2.1	
School Lunch		
Yes	2.2	
No	2.1	
Nutrition Lesson		
Yes	2.3	***
No	1.9	
Exercise Lesson		
Yes	2.3	***
No	1.9	

¹ The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; any beans; and any whole grain bread. The maximum number of points was seven.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 2: Total Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits, Juices, Vegetables and Salads	Fruits and Juices	Vegetables and Salads
Total	2.9	1.6	1.3
Gender			
Males	2.9	1.6	1.3
Females	2.9	1.7	1.2
Ethnicity			
White	2.8	1.5 ^{ab} *	1.2
African American	2.5	1.2 ^a	1.3
Latino	3.1	1.8 ^b	1.3
Asian/Other	2.9	1.7 ^{ab}	1.3
Income			
≤\$19,999	3.6 ^a ***	1.9 ^b **	1.7 ^b ***
\$20,000 - \$49,999	3.0 ^b	1.8 ^{ab}	1.2 ^a
≥\$50,000	2.6 ^c	1.5 ^a	1.1 ^a
Federal Poverty Level			
≤ 185%	3.2 ***	1.8 **	1.4 **
> 185%	2.7	1.5	1.2
Food Stamps			
Yes	3.5 **	1.8	1.7 ***
No	2.8	1.6	1.2
Overweight Status			
Not at Risk	3.0	1.8 *	1.3
At Risk/Overweight	2.8	1.5	1.2
Physical Activity			
≥60 minutes	2.9	1.6	1.3
<60 minutes	2.9	1.6	1.2
School Breakfast			
Yes	3.6 ***	2.0 ***	1.6 ***
No	2.7	1.6	1.2
School Lunch			
Yes	3.0 *	1.7	1.4 **
No	2.7	1.6	1.1
Nutrition Lesson			
Yes	3.1 **	1.7 *	1.4 **
No	2.7	1.5	1.1
Exercise Lesson			
Yes	3.0 **	1.7	1.3 *
No	2.7	1.5	1.1

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ANOVA

* p<.05

** p<.01

*** p<.001

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Table 3: Breakdown of the Fruits and Vegetables Reported by California Children

Fruits and Vegetables	Mean Servings
Total	2.9
Fruits	1.1
Juices	0.6
Vegetables	1.0
Salads	0.2
Green salads ¹	0.2
All potatoes	0.3
All fried vegetables ²	0.2
Fried potatoes only	0.2

¹Green Salad includes tossed salad, lettuce salad, lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads.

² Fried vegetables include fried potatoes (i.e. french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.) and deep fried vegetables (i.e. onion rings, etc.).

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Table 4: Servings of Fruits, Juices, Vegetables and Salads Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Reported Mean Servings		
	Fruits	Juices	Vegetables
Total	1.1	0.6	1.0
Gender			
Males	1.0 **	0.6 *	1.1
Females	1.2	0.5	1.0
Ethnicity			
White	1.0	0.5 ^a *	1.0
African American	0.7	0.5 ^{ab}	1.0
Latino	1.1	0.7 ^b	1.0
Asian/Other	1.1	0.6 ^{ab}	1.1
Income			
≤\$19,999	1.1	0.7 ^{ab} **	1.4 ^b **
\$20,000 - \$49,999	1.1	0.7 ^b	1.0 ^a
≥\$50,000	1.0	0.5 ^a	0.9 ^a
Federal Poverty Level			
≤ 185%	1.1	0.7 ***	1.1 *
> 185%	1.0	0.5	1.0
Food Stamps			
Yes	1.0	0.8 *	1.4 ***
No	1.1	0.6	1.0
Overweight Status			
Not at Risk	1.1 *	0.6	1.0
At Risk/Overweight	1.0	0.5	1.0
Physical Activity			
≥60 minutes	1.0	0.6	1.0
<60 minutes	1.1	0.6	1.0
School Breakfast			
Yes	1.2 *	0.8 **	1.3 **
No	1.0	0.5	1.0
School Lunch			
Yes	1.1	0.6	1.1
No	1.0	0.6	0.9
Nutrition Lesson			
Yes	1.2 **	0.6	1.1 **
No	0.9	0.6	0.9
Exercise Lesson			
Yes	1.1 **	0.6	1.1 *
No	0.9	0.6	0.9

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ANOVA

* p<.05

** p<.01

*** p<.001

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Table 5: Range in Number of Servings of Salads Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Salads, Percent	
	0 ¹	1+
Total	88	12
Gender		
Males	88	12
Females	87	13
Ethnicity		
White	89	11
African American	90	10
Latino	84	16
Asian/Other	91	9
Income		
≤\$19,999	82	18
\$20,000 - \$49,999	87	13
≥\$50,000	89	11
Federal Poverty Level		
≤ 185%	86	14
> 185%	88	12
Food Stamps		
Yes	82	18
No	88	12
Overweight Status		
Not at Risk	86	14
At Risk/Overweight	90	10
Physical Activity		
≥60 minutes	86	14
<60 minutes	89	11
School Breakfast		
Yes	82	18
No	89	11
School Lunch		
Yes	85	15
No	92	8
Nutrition Lesson		
Yes	87	13
No	88	12
Exercise Lesson		
Yes	88	12
No	86	14

¹ Categorized as having 0.5 servings or less.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

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Table 6: Range in Number of Servings of Fried Potatoes¹ Eaten per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (High-fat snack) did your child eat/drink in this category?

	Servings of Fried Potatoes, Percent	
	0 ²	1+
Total	90	10
Gender		
Males	87	13 *
Females	92	8
Ethnicity		
White	90	10
African American	88	12
Latino	90	10
Asian/Other	89	11
Income		
≤\$19,999	77	23 ***
\$20,000 - \$49,999	93	7
≥\$50,000	90	10
Federal Poverty Level		
≤ 185%	88	12
> 185%	91	9
Food Stamps		
Yes	80	20 **
No	91	9
Overweight Status		
Not at Risk	90	10
At Risk/Overweight	90	10
Physical Activity		
≥60 minutes	89	11
<60 minutes	90	10
School Breakfast		
Yes	87	13
No	90	10
School Lunch		
Yes	87	13 **
No	93	7
Nutrition Lesson		
Yes	90	10
No	88	12
Exercise Lesson		
Yes	90	10
No	89	11

¹ Fried Potatoes include french fries, curly fries, hash browns, tator tots, fried potato wedges, etc.

² Categorized as having 0.5 servings or less.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Fruits and Vegetables, Percent			
	0 ¹	1-2	3-4	5+
Total	9	37	34	20
Gender				
Males	8	38	32	22
Females	9	36	37	19
Ethnicity				
White	9	35	38	18
African American	12	44	27	17
Latino	6	38	33	23
Asian/Other	13	35	29	23
Income				
≤\$19,999	6	27	33	34
\$20,000 - \$49,999	8	40	30	23
≥\$50,000	10	37	38	14
Federal Poverty Level				
≤ 185%	8	33	32	27
> 185%	9	39	36	17
Food Stamps				
Yes	8	27	26	38
No	9	37	35	19
Overweight Status				
Not at Risk	9	35	33	23
At Risk/Overweight	8	38	37	18
Physical Activity				
≥60 minutes	8	37	34	21
<60 minutes	9	37	35	19
School Breakfast				
Yes	7	24	35	34
No	9	40	34	17
School Lunch				
Yes	6	36	35	22
No	12	38	33	17
Nutrition Lesson				
Yes	8	31	39	22
No	10	43	29	18
Exercise Lesson				
Yes	7	33	38	21
No	11	43	27	19

¹ Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

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Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 8: Percent of Children Meeting Fruit and Vegetable Recommendations (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Children Meeting Fruit and Vegetable Recommendations, Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads	Both 2+ Servings of Fruits and 3+ Servings of Vegetables	5+ Servings of Any Fruits and Vegetables
Total	52	14	8	20
Gender				
Males	49	14	8	22
Females	54	14	9	19
Ethnicity				
White	50	11	6	18
African American	37	15	4	17
Latino	56	16	12	23
Asian/Other	52	13	8	23
Income				
≤\$19,999	58	27 ***	24 ***	34 ***
\$20,000 - \$49,999	52	12	8	23
≥\$50,000	49	11	5	14
Federal Poverty Level				
≤ 185%	56	19 **	14 ***	27 **
> 185%	49	11	5	17
Food Stamps				
Yes	58	32 ***	24 ***	38 ***
No	51	12	7	19
Overweight Status				
Not at Risk	55	12	7	23
At Risk/Overweight	48	17	10	18
Physical Activity				
≥60 minutes	52	14	8	21
<60 minutes	51	14	8	19
School Breakfast				
Yes	62 *	25 ***	20 ***	34 ***
No	49	11	6	17
School Lunch				
Yes	51	17 **	10 *	22
No	52	9	6	17
Nutrition Lesson				
Yes	56 **	16	10	22
No	46	11	7	18
Exercise Lesson				
Yes	55 **	14	9	21
No	45	12	7	19

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 9: Top Ten Most Commonly Consumed Fruits and Vegetables (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did you/your child eat/drink in this category?

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Apples	Apples	Apples	Apples	Orange Juice	Apples	Orange Juice
2nd	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Oranges	Orange Juice	Apples
3rd	Bananas	Bananas	Oranges	Bananas	Apples	Oranges	Fruit Juice
4th	Apple Juice	Fruit Juices	Apple Juice	Apple Juice	Apple Juice	Apple Juice	Bananas
5th	Oranges	Apple Juice	Strawberries	Strawberries	Bananas	Bananas	Strawberries
6th	Strawberries	Oranges	Oranges	Fruit Juices	Grape Juice	Strawberries	Mixed Fruit
7th	Fruit Juices ¹	Strawberries	Fruit Juices	Oranges	Strawberries	Peaches	Oranges
8th	Peaches	Applesauce	Peaches	Applesauce	Grapes	Fruit Juices	Peaches
9th	Applesauce	Peaches	Applesauce	Peaches	Peaches	Pears	Applesauce
10th	Pears	Pears	Pears	Pears	Fruit Juice	Grapes	N/A ⁷
Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad ²	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
2nd	Tomato Sauce ³	Carrots	Tomato Sauce	Tomato Sauce	Tomato Sauce	Carrots	Tomato Sauce
3rd	Carrots	Tomato Sauce	Corn	Carrots	Corn	Tomato Sauce	Corn
4th	Corn	Corn	Carrots	Non-Fried Potatoes	Green Beans	Corn	Mixed Vegetables
5th	Non-Fried Potatoes ⁴	Non-Fried Potatoes	Non-Fried Potatoes	Corn	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Carrots
6th	Green Beans ⁵	Green Beans	Green Beans	Green Beans	Carrots	Non-Fried Potatoes	Non-Fried Potatoes
7th	Veggies on Sandwich/Taco ⁶	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Broccoli	Non-Fried Potatoes	Green Beans	Green Beans
8th	Broccoli	Broccoli	Green Peas	Veggies on Sandwich/Taco	Cabbage	Cucumber	Green Peas
9th	Green Peas	Green Peas	Broccoli	Green Peas	Lettuce	Green Peas	Broccoli
10th	Tomatoes	Cucumber	Tomatoes	Tomatoes	Mixed Vegetables	Broccoli	Onions Cabbage

¹Fruit Juices include any unspecified fruit juice or any 100% combination fruit juice, such as Juicy Juice

²Green Salad includes tossed salad, lettuce salad, lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other salads

³Tomato Sauce includes pizza sauce and spaghetti sauce

⁴Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoes

⁵Green Beans include green beans, string beans, beans unspecified, and all other beans

⁶Veggies on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc

⁷N/A reported due to 7 way tie between grapes, pears, pineapple, cranberry juice, grape juice, unspecified fruit, and kiwi
Shaded boxes or a box around a group were tied for a ranking.

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Table 10: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health (Phone Sample)

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

	Servings of Fruits and Vegetables Believed Needed, Percent of Children ¹		
	0-2	3-4	5+
Total	18	41	41
Gender			
Males	16	43	41
Females	19	40	41
Ethnicity			
White	17	39	44
African American	22	26	52
Latino	22	41	38
Asian/Other	7	56	38
Income			
≤\$19,999	20	37	44
\$20,000 - \$49,999	21	42	37
≥\$50,000	14	41	44
Federal Poverty Level			
≤ 185%	16	40	44
> 185%	18	42	40
Food Stamps			
Yes	22	31	47
No	17	42	41
Overweight Status			
Not at Risk	15	38	46
At Risk/Overweight	23	44	33
Physical Activity			
≥60 minutes	20	39	41
<60 minutes	14	44	42
School Breakfast			
Yes	8	42	50
No	19	41	40
School Lunch			
Yes	19	39	42
No	16	44	40
Nutrition Lesson			
Yes	14	45	41
No	21	36	42
Exercise Lesson			
Yes	15	40	44
No	22	43	35

¹ Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

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Table 11: Servings of Fruits and Vegetables Believed to Be Needed Compared with Actual Fruit and Vegetable Consumption (Phone Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

Fruits and Vegetables	Percent	Servings of Fruits and Vegetables Eaten by Children, Percent		
		0-2	3-4	5+
Servings believed to be needed				
0-2	18	64	20	16
3-4	41	41	35	24
5+	42	39	40	21

*

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

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Chi Square Test

* $p < .05$

California Department of Health Services: September 2005

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Table 12: Belief about Personal Success Eating Enough Fruits and Vegetables (Phone Sample)

Do you think you eat the right amount of fruits and vegetables every day, too much, or do you think you should eat more?

	Belief, Percent of Children	
	Eat the Right Amount or Too Much	Need to Eat More
Total	36	64
Gender		
Males	36	64
Females	37	63
Ethnicity		
White	34	66
African American	35	65
Latino	38	62
Asian/Other	41	59
Income		
≤\$19,999	31	69
\$20,000 - \$49,999	40	60
≥\$50,000	34	66
Federal Poverty Level		
≤ 185%	32	68
> 185%	38	62
Food Stamps		
Yes	40	60
No	35	65
Overweight Status		
Not at Risk	35	65
At Risk/Overweight	39	61
Physical Activity		
≥60 minutes	34	66
<60 minutes	39	61
School Breakfast		
Yes	43	57
No	35	65
School Lunch		
Yes	35	65
No	39	61
Nutrition Lesson		
Yes	41	59
No	31	69
Exercise Lesson		
Yes	37	63
No	34	66

Excludes those reporting "not sure."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005